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AFTER THE SLIDE

AVALANCHE WEEK, PART 1 OF 5: HOW THE DEATHS OF 7 CHILDREN NEAR THE B.C.-ALBERTA BORDER IN 2003 CHANGED EVERYTHING PAGES 8 & 9

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Bumpy road lies ahead for Wynne

Politics. A day after being crowned Liberal leader, the opposition pounces on Ontario's premier-designate

Standing on stage at the Ontario Liberal leadership convention Saturday, having just smashed a glass ceiling and won the race to be premier of Ontario, Kathleen Wynne said, "Believe it or not, this was the easy part."

The next morning, the Progressive Conservatives released radio attack ads branding her outgoing Premier Dalton McGuinty's "right hand" and "another McGuinty Liberal Ontario can't afford."

PC MPP Vic Fideli attended Wynne's Sunday press conference, telling reporters his party won't forgive her for her predecessor's sins because she was "at the cabinet table" when the Liberals cancelled power plants in Oakville and Mississauga — at a cost of at least $230 million — and during the "Ornge scandal," which was triggered by allegations that the publicly funded air-ambulance company spent recklessly.

"The past is not going to go away," he said.

Fideli's party will continue to push the government to release all the documents related to the power-plant cancellations and will not promise to drop a contempt motion against Energy Minister Chris Bentley. The PCs are also looking forward to hearing from the OPP about their investigation into Ornge, Fideli said.

"None of those eclipse the jobs and debt crisis," he added.

Moments later, NDP MPP Gilles Bisson piled on.

"I've been listening to Wynne and McGuinty and others for nine years talk about what they're going to do for people in poverty," he said. "Lots of wonderful talking, but not a lot in the way of action. More in the way of consultation and discussion."

Bisson said the New Democrats are willing to work with Wynne, but they're going to want to see help for people worried about "jobs and pocketbook issues."

"How is everything that people felt about the Liberal party different this morning than it was last night?" he asked.

For her part, Wynne said she is hoping to work with the other two leaders on the budget, poverty and accountability issues.

"(PC Leader) Tim Hudak has been a cabinet minister. He knows how complex government is. So I'd like to really drill down into his ideas about how you take this very large enterprise and break it down to make it more accountable," she said. "We've put in place mechanisms to make government more accountable, but still things have fallen through the cracks." JESSICA SMITH/METRO

MORE COVERAGE, PAGES 4 & 6

What's next?

- Wynne and her new cabinet will be sworn in after the selection process and McGuinty submits his resignation to the lieutenant-governor.
- She has pledged to bring the legislature back on Feb. 19, with a throne speech and new budget.
- Without support from at least one of the two opposition parties, Wynne's minority government is in jeopardy.

More than 200 killed in BRAZIL INFERNO

Relatives of victims of a fire that broke out at a nightclub weep during a funeral in Santa Maria in southern Brazil on Sunday. At least 233 people died and 131 were injured early Sunday when a fire tore through a nightclub packed with university students. Story, page 10. JEFFERSON BERNARDES/GETTY IMAGES

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No serious injuries

Pedestrians mauled by guard dogs on the loose

Three people, including a teenager, were bitten by a pair of escaped guard dogs in North York on Sunday afternoon. The three were walking along Millwick Drive near Islington and Steeles Avenue West when two bull mastiffs darted toward them.

"Through the call, we heard that one was bit on the leg and another on the face, but nobody's confirmed anything yet," a police spokesman said.

The victims are expected to make a full recovery. Toronto Animal Services eventually captured the dogs and is investigating. TORSTAR NEWS SERVICE

For U.S. customs booth

Island airport needs armed officers, port authority says

The Toronto Port Authority wants hired guns to police the island airport.

The proposal includes staffing the Billy Bishop Toronto City Airport with nine armed special constables seven days a week.

The TPA says it needs armed officers so that it can operate a pre-clearance area for U.S. customs, a requirement under federal aviation regulations.

"You have to have an armed officer at the screening points because U.S. customs workers aren't allowed to carry weapons in Canada," said Angus Armstrong, harbour master and chief of security for the TPA. "We're looking at the possibility of having Toronto police or reviving the port police."

Porter Airlines has been negotiating to bring U.S. customs to the island airport since last year. TORSTAR NEWS SERVICE

Renowned bagel shop consumed by blaze

Firefighters work to put out a three-alarm fire at Haymishe Bagel Shop on Sunday that caused an estimated $500,000 in damages, officials said. Established in 1967, Haymishe Bagel Shop was later bought by Motti Sorek and his wife. With the help of recipes passed down from his grandmothers in Poland, the Soreks turned it into an institution in the Bathurst and Lawrence area. TARA WALTON/TORSTAR NEWS SERVICE

Ford second term won't be an easy win: Survey

Hypothetical contenders. Mayor's best chance for re-election might be vote-splitting

After his legal triumph on Friday, Mayor Rob Ford asserted that he will stay in office for "six more years." But he remains vulnerable to a one-on-one challenge in next year's election, a new poll suggests.

Ford lost hypothetical head-to-head races with three of his potential rivals in a Forum Research survey of 1,099 residents conducted on Friday evening.

NDP MP Olivia Chow and former Progressive Conservative leader John Tory both beat Ford by 12 points. Chow got 52 per cent to Ford's 40 per cent, Tory 48 per cent to Ford's 36 per cent.

Coun. Karen Stintz, the right-leaning chair of the TTC, beat Ford 49 per cent to 40 per cent. In a match-up between Ford and his most vociferous council critic, left-leaning Adam Vaughan, Ford won 45 per cent to 43 per cent, a statistical tie given the three-point margin of error.

Forum Research also tested a cheeky head-to-head match-up between Ford and Jose Canseco, the non-Canadian ex-con ex-steroid user ex-Blue Jay who says he wants to run. Ford won, but by a respectable-for-Canseco spread of 49 per cent to 31 per cent — suggesting either that any breathing Ford challenger would get at least 31 per cent or that at least 31 per cent of Torontonians have a sense of humour.

Ford also came out ahead, by slightly smaller margins, against two real possible challengers who have less name recognition than Chow, Tory and Stintz. Ford beat right-leaning councillor Denzil Minnan-Wong 44 per cent to 30 per cent, and left-leaning Shelley Carroll 45 per cent to 35 per cent.

Ford, ironically, could be helped by his apparent weakness. He has fared significantly better in hypothetical three-way and four-way races than in two-way races — and his unimpressive poll numbers may entice multiple credible challengers to enter the 2014 race. The result could see vote-splitting that might allow Ford to squeak back in. TORSTAR NEWS SERVICE

Mayor's approval ratings

- Like previous polls, the Forum Research survey suggests Ford has retained the support of most of his 2010 voters but endeared himself to few others.
- Eighty-seven per cent of the people who said they voted for Ford approved of his job performance, while only 12 per cent disapproved.
- Of people who supported his chief rival, Liberal George Smitherman, 18 per cent approved of Ford, while 77 per cent disapproved.
- Of people who voted for NDP-backed Joe Pantalone, 25 per cent approved of Ford and 72 per cent disapproved.

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Wynne reaches out to education union leaders after victory

Caving in? Tory education critic warns province can't afford to give in to demands

In an early sign of hope that the teacher turmoil in Ontario's public schools could come to an end — and extra-curricular activities return — Kathleen Wynne reached out to education union leaders the day after her victory.

The incoming premier called Ken Coran on Sunday afternoon, a move he called a step in the right direction.

"It was a courtesy call, and very much with the intent to set up a more formal meeting in the very near future," said Coran, president of the Ontario Secondary School Teachers' Federation, adding Wynne planned to talk to presidents of all the major education unions to set up a meeting, which he's expecting will be scheduled for mid-week.

Ken Coran, president of the OSSTF VINCE TALOTTA/TORSTAR NEWS SERVICE

How Wynne deals with the teacher unions will be her first big test, said Ontario PC education critic Lisa MacLeod, and "it will signal to the rest of the broader public service as to how she's prepared to govern."

Earlier Sunday, Wynne told reporters there needs to be a "better process going forward" when it comes to negotiations.

"I've been very clear that my door is going to be open and I am going to be making those calls to say we have to re-engage. It's extremely important ... because we've got kids in schools who are not getting their extracurriculars, we've got a sector that delivers, I would suggest, the most important service that government delivers, which is education."

Some union leaders have demanded the province cancel agreements imposed on them under Bill 115, but Wynne reiterated that was not on the table.

TORSTAR NEWS SERVICE

Remembering Kesean Williams

Parents kept a watchful eye over their young as they gathered in Brampton at a memorial for Kesean Williams on Sunday. Odete Piccolino and her daughter Briana, 5, place flowers at the memorial for the 9-year-old Brampton boy shot in his home last week. Briana is in kindergarten at the same school Kesean attended. Kesean came to read to her class last week. DAVID COOPER/TORSTAR NEWS SERVICE

Complaint filed

Ex-Nortel staff complain about bankruptcy fees

A group of long-term disabled former employees of Nortel Networks Corp. has filed a complaint with regulators over what it calls excessive professional fees charged to the estate of the insolvent telecom company.

TORSTAR NEWS SERVICE

Grisly discovery

Female torso found in Kitchener garbage bin

The dismembered torso of an unidentified woman dressed in a black T-shirt that read 'Forget Princess, I want to be a Vampire' was discovered in a garbage bin in a quiet Kitchener neighbourhood early Saturday, according to police.

Police have so far only identified the shirted torso as belonging to a Caucasian woman. The time and cause of death remain a mystery.

TORSTAR NEWS SERVICE

Vigil leads to calls for dialogue on domestic abuse

A candlelit vigil is held for murdered mother of two Bridget Takyi Saturday night. CARLOS OSORIO/TORSTAR NEWS SERVICE

Huddled in the lobby of an Etobicoke apartment building, the Ghanaian community was preparing to mourn.

The picture of Bridget Takyi, 27, hung Saturday by the elevator at 44 Willowridge Rd. with the title, "Gone too soon."

On the night of Jan. 26, more than 100 supporters made the quick walk to Richgrove Drive, in the Martin Grove Road and Eglinton Avenue West area. Snow has since covered the site where Bridget Takyi's body was found brutally stabbed and burned beyond recognition a week earlier.

"We are here to remember and to go against the horrors for this," said her uncle, Seth Opoku-Agyemamg. "We are asking that whatever has happened over here is going to be the beginning for positive things to happen."

And so they sang, they prayed and they cried. Her mother Ante Yaa screamed out as the candlelit vigil came to a close.

The community was in shock, asking for love, not revenge, and a plea for a dialogue on domestic violence.

"It begins with someone just hitting you," said pastor Obie Agyeman of the Empowered Life Ministry, a local youth church. "And I think that if we can come together and begin to address it, we will not see the same thing happen and happening again."

"It is time, young girls who have been abused, women who are being abused seek help, speak up and get the help that city will provide for them," Agyeman said.

Takyi's two boys, Nathan, 3, and Jeremiah, 1, are left behind. A trust fund has been set up for the boys.

Their father, Emmanuel Owusu-Ansah, 30, has been charged with first-degree murder.

He was released on bail Dec. 5, 2012, charged with three counts of assault, two counts of assault with a weapon and one charge of uttering a death threat — all were in relation to Takyi.

Owusu-Ansah was under house arrest.

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Incoming Ontario premier Kathleen Wynne, right, with her partner Jane Rounthwaite, left, walks off the stage after winning the Ontario Liberal leadership in Toronto on Saturday. FRANK GUNN/THE CANADIAN PRESS

Voters have moved beyond sexual orientation: Wynne

Wynds of change.
Province's first female premier wants position defined by performance, not preference

JESSICA SMITH
jessica.smith@metronews.ca

Incoming Ontario premier Kathleen Wynne says it's "historic," "exciting" and "great" that she will soon be the country's first openly gay premier, but don't expect her to talk about it much.

"I'm not a gay activist," she said at a press conference on Sunday, when asked about her historic breakthrough. "I'm talking about it today because you've asked, but I'm not going to spend the next month talking about this."

But if her win can make young gay people feel less frightened and see possibilities in the world, that's a wonderful thing, she said.

For her, the fact that there will soon be six female premiers is "huge."

"Maybe now we're reaching a critical mass," she said. "Maybe now it can just be whether you've got what it takes to get your name on the ballot and whether you can win in a riding, as opposed to whether you're male or female. Maybe this will make a difference."

Wynne's election speech at the convention drew thunderous cheers from her fellow Liberals. When she addressed the question of whether or not Ontario is ready to elect a gay premier — which she'd been asked repeatedly throughout the campaign — her chief rival, Sandra Pupatello, stood up and applauded.

Staying focused

"I'm not a gay activist ... I'm talking about it today because you've asked, but I'm not going to spend the next month talking about this."
Provincial Liberal leader Kathleen Wynne

Victory speech

Ontario's new premier on how leaders should be judged

I want to put something on the table: Is Ontario ready for a gay premier? You've heard that question. You've all heard that question, but let's say what that actually means: Can a gay woman win? That's what it means.

So, not surprisingly, I have an answer to that question. When I ran in 2003, I was told that the people of North Toronto and the people of Thorncliffe Park weren't ready for a gay woman. Well, apparently they were.

You know, there was a time, not that long ago, when most of us in this leadership race would not have been deemed suitable. We would have been deemed unsuitable. A Portuguese-Canadian, an Indo-Canadian, an Italian-Canadian, female, gay, Catholic. Most of us could not have hoped to stand on this stage. But the province has changed. Our party has changed.

I do not believe that the people of Ontario judge their leaders on the basis of race, sexual orientation, colour or religion. I don't believe they hold that prejudice in their hearts. They judge us on our merits, on our abilities, on our expertise, on our ideas. Because that is the way everyone deserves to be judged. That is how we want our children, our grandchildren, our nieces, our nephews to be judged. All of us want to be judged on those things.

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THE AVALANCHE THAT

Metro's Avalanche Week

The first in a five-part series

"Avalanche!"

The desperate warning comes as a skier helplessly watches a massive wall of snow cascade towards 14 students, two teachers and a chaperon. But it was too late to get out of the slide's path.

Feb. 1, 2003. Seven students, all 15 years old, died that day in B.C.'s Connaught Creek.

A decade after the most devastating avalanche season on record, the natural phenomenon continues to instill fear, intrigue, curiosity and awe.

The sheer spectacle — and danger — of avalanches remains the same, but much has changed since 2003.

Follow Metro all week as we delve into avalanche safety's darkest day and its lasting legacy on the nation.

We'll bring you stories of personal tragedy and survival, along with in-depth looks at the individuals and institutions working on the front line to keep people safe as more and more people venture into Western Canada's stunning wilderness.

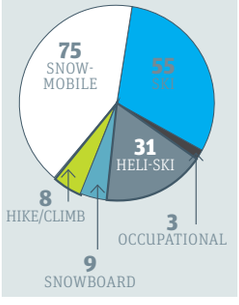
DAY 1

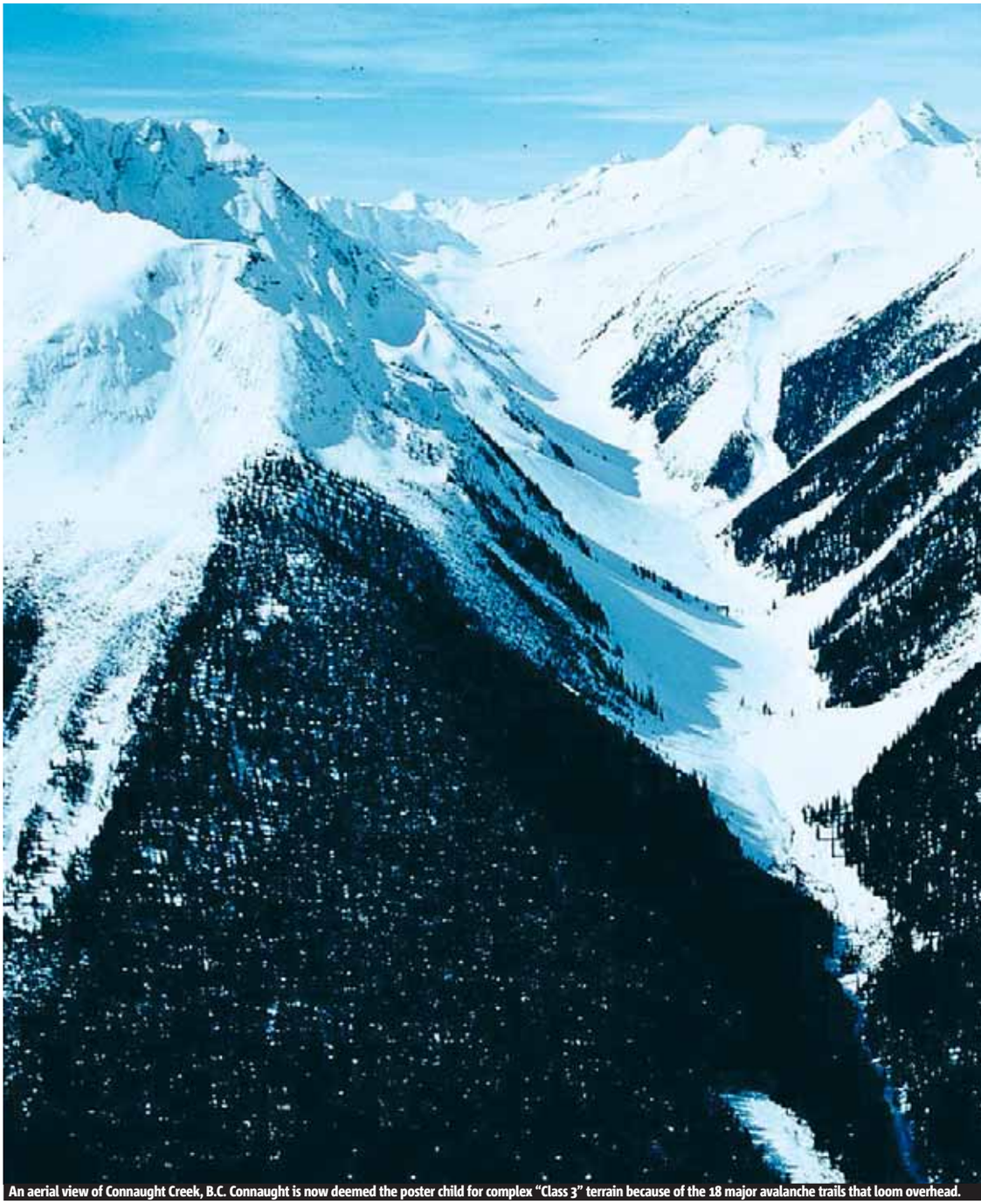
THE TRAGEDY

Tomorrow: The Risk
The call of the wild and its sometimes deadly nature.

B.C. deaths by activity: '96 - '12

SOURCE: B.C. CORONERS SERVICE





An aerial view of Connaught Creek, B.C. Connaught is now deemed the poster child for complex "Class 3" terrain because of the 18 major avalanche trails that loom overhead.

Impetus for change

The deadliest avalanche season on record forced Parks Canada to reform the country's avalanche safety systems.

The winter of 2002/2003 claimed the lives of 29 people (25 in British Columbia).

The most shocking incident was the deaths of the seven students in Connaught Creek

"It was a huge shakeup," said Grant Statham, a mountain risk specialist hired by Parks Canada to implement 36 recommendations in the aftermath of the slide.

Parks Canada developed world-leading public avalanche and terrain bulletins, provincial and federal governments got involved in funding programs, signage at parks were ramped up, and regulations were put in place dictating where supervised groups of youth could, and could not, access.

The recommendations also led to the creation of the Canadian Avalanche Centre, one of the lasting legacies of the 2002/2003 season.

The changes, unprecedented in scope, were born out of a deep collective pain and the desire to prevent future tragedies.

Quoted

"It was definitely a watershed moment for public avalanche safety."

Grant Statham, mountain risk specialist for Parks Canada

"One of the most important things was having the parents (of victims) involved," he said. "That was very tough, to work with someone that was grieving so much. There were a lot of fingers being pointed at us."

But it was worth it.

Many of the advances in Canada, such as the avalanche danger scale and icons, have since been universally adopted around the world.

Avalanche fatalities rates remain fairly steady (averaging around 10 a year in B.C.) even though backcountry use has grown exponentially.

"2003 has affected us deeply," said Statham. "It was a terrible event. But out of that, a lot of good has been done in the 10 years since."

MATT KIELTYKA/METRO IN VANCOUVER

Scott Broshko

Michael Shaw

Marissa Staddon

Jeff Tricket

CHANGED EVERYTHING

CONTRIBUTED/PARKS CANADA

Seven students dead.

Grief pushed parents to fight for better standards

EMILY JACKSON
Metro in Vancouver

For decades, a ski trip along Connaught Creek trail near B.C.'s majestic Rogers Pass was the crown jewel of the school's renowned outdoor education program.

On Feb. 1, 2003, Grade 10 student Daniel Arato was to follow in the tracks of his older brother who a few years before safely completed the overnight trip, run by the prestigious Okotoks, Alta.-based Strathcona-Tweedsmuir School.

But in just four seconds that Saturday morning, an avalanche barreled into the valley as the group crossed, resulting in a tragedy that would forever change Canada's approach to avalanche safety.

Daniel and six other students, all 15 years old, lost their lives.

Seven of their peers, two teachers and one volunteer leader survived, largely due to the immediate rescue efforts from a husband and wife pair of mountain guides who happened to witness the avalanche from a nearby slope. All were buried or partially buried under snow the coroner described as "like concrete" in the area's largest avalanche in 25 years.

The tragedy rocked the community as devastated families, friends and teachers grappled with the enormous loss: How could this happen to a group that was equipped with the right gear, well organized, educated in avalanche safety and on a path that hundreds traverse annually?

Daniel's parents, Peter and Judith Arato, say the school, Parks Canada and they, as parents, simply didn't understand or appropriately address the risks associated with the backcountry.

"You send your kids to school, and I think as parents we intrinsically trust that school is not taking any risks with your children," Judith said in an interview, her voice pausing only when she recounted the moment she learned of the accident. "They didn't themselves recognize they were playing Russian roulette with the children's lives."

In the decade since the tragedy, the Aratos' grief pushed them to work with Parks Canada to change the mindset from the "Enter at your own risk" signs posted at national park entrances to a culture of safety.

And though safety improvements won't bring back their son or his classmates Ben Albert, Scott Broshko, Alex Pattillo, Michael Shaw, Marissa Staddon and Jeff Trickett, the considerable safety changes are rewarding.

"We'd be disappointed if there was a tragedy and no one did anything," Judith said.

Snowshoers head into Seymour Provincial Park Jan. 20, where avalanche signage is impossible to miss.
JENNIFER GAUTHIER/METRO IN VANCOUVER

From 'enter at your own risk' to a culture of safety

Better practices

It was not acceptable to the Aratos that seven deaths were considered within the "normal" range during avalanche season.

"Every year if we had seven kids dying, would that be OK?" Peter questioned Parks Canada in the months that followed. "You need to work on getting the mindset to change."

Parks Canada agreed, and 10 years after the deadliest winter for recreational backcountry users on record, there is a culture of safety in place.

Parks Canada revamped the way risk is measured, rated terrain on its complexity and created separate rules for custodial groups. And any group of children not under parental custody will never traverse the highly complex Connaught Creek trail again.

The Aratos and the other parents never called for the cancellation of the outdoor education program, but an independent report on the Strathcona-Tweedsmuir School program by consultant Ross Cloutier in June 2003 recommended changes.

He found that it had become more "adventure" than "outdoor" education. Though he concluded most recreation, commercial and school groups would likely have skied that day, the real question was how much risk a school is willing to take.

The program now accepts a lower level of risk, outdoor education director Bruce Hendricks said.

The school holds extensive briefings for parents, updated its emergency response protocol and holds trip debriefings to seek continuous improvement.

Hendricks gets a dozen requests a year from schools looking to emulate the program, which was accredited by the Association for Experiential Education last year.

EMILY JACKSON/METRO IN VANCOUVER

Exclusively online

Judith and Peter Arato
CANDICE WARD/FOR METRO

The Aratos were shocked by what they saw when they took a helicopter ride over Connaught Creek after the accident. Listen to their story at metronews.ca/features/avalanche-week.

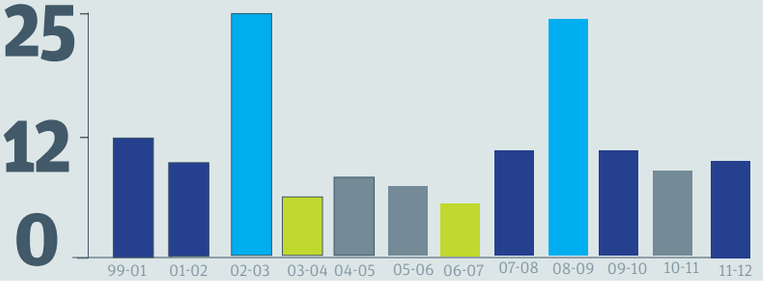
Ben Albert

Alex Pattillo

Daniel Arato

Avalanche deaths in B.C. between 1999 and 2012.

SOURCE: B.C. CORONERS SERVICE



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Friends and family mourn over one of hundreds of bodies brought to a local gymnasium for identification. NABOR GOULART/THE ASSOCIATED PRESS

Nightclub fire kills 230

Santa Maria, Brazil. Wall of bodies and toxic smoke prevented revellers from escaping

A fast-moving fire roared through a crowded nightclub in southern Brazil early Sunday, within seconds filling the space with flames and a thick, toxic smoke that killed more than 230 panicked partygoers who gasped for breath and fought in a stampede to escape.

Witnesses said pyrotechnics lit by band members started the blaze in Santa Maria, a city of about 260,000. Officials at a news conference said the cause was still under investigation — though police inspector Sandro Meinerz told the Agencia Estado news agency the band was to blame and that manslaughter charges could be filed.

Television images showed smoke pouring out of the Kiss nightclub as shirtless young men who had attended a party joined firefighters using axes and sledgehammers to pound at windows and walls to free those trapped inside.

Guido Pedroso Melo, commander of the city's fire department, told the O Globo newspaper that firefighters had trouble getting inside because of a "barrier of bodies blocking the entrance."

Bodies of the dead and injured were strewn in the street and panicked screams filled the air as medics tried to help. There was little to be done; officials said most of those who died were suffocated by smoke within minutes.

Within hours a community gym was a horror scene, with body after body lined up on the floor, partially covered with black plastic as family members identified kin.

Guitarist Rodrigo Martins, of the band Gurizada Fandangueira, told Radio Gaucha that the fire "might have happened because of ... the machine we use to create a luminous effect with sparks."

He confirmed that accordion player Danilo Jacques, 28, died, while the other five members made it out safely.

Police Maj. Cleberson Braida Bastianello said by telephone that the toll had risen to 233 — he said earlier that the disaster was likely made worse because the club appeared to have just one exit.

"Large amounts of toxic smoke quickly filled the room, and I would say that at least 90 per cent of the victims died of asphyxiation," said Dr. Paulo Afonso Beltrame, a professor at the medical school of the Federal University of Santa Maria.

Beltrame, who went to the city's Caridade Hospital to help, said he was told the club had been filled far beyond capacity.

"The toxic smoke made people lose their sense of direction.... At least 50 bodies were found inside a bathroom. Apparently they confused the bathroom door with the exit," he told The Associated Press by telephone. THE ASSOCIATED PRESS

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A woman lights a candle at a Holocaust memorial ceremony at Raoul Wallenberg Square in Stockholm, Sweden.
LEIF R JANSSON/SCANPIX SWEDEN/THE ASSOCIATED PRESS

'Never Again': A vow renewed once more

Holocaust Remembrance Day. Global powers speak on lessons of the past

Holocaust survivors, politicians, religious leaders and others marked International Holocaust Remembrance Day on Sunday with solemn prayers and vocal appeals to never let such horrors happen again.

Pope Benedict XVI, speaking from his window at St. Peter's Square at the Vatican, advocated constant vigilance.

"The memory of this immense tragedy ... must represent for everyone a constant warning so that the horrors of the past are not repeated, so that every form of hatred and racism is overcome and that respect for, and dignity of, every human person is encouraged," the German-born pontiff said.

In a statement, U.S. President Barack Obama said that "the United States, along with the international community, resolves to stand in the way of any tyrant or dictator who commits crimes against humanity and stay true to the principle of 'Never Again.'"

THE ASSOCIATED PRESS

Italian fascism

Mussolini 'did good': Berlusconi

Former Italian prime minister Silvio Berlusconi praised Benito Mussolini for "having done good" despite the dictator's anti-Jewish laws, sparking outrage as Europe held Holocaust remembrances on Sunday.

Berlusconi also defended Mussolini for allying with Hitler, saying he likely reasoned it would be better to be on the winning side.

Italian laws forbid the defence of fascism. A candidate for local elections pledged that he will seek to have Berlusconi prosecuted.

THE ASSOCIATED PRESS

Plane crash

Bodies to stay in Antarctica for now

Officials have called off efforts to recover the bodies of three Canadians after a plane crash in Antarctica, deeming it unsafe to further disturb the wreckage.

One of the agencies investigating the crash says winter weather will delay recovery until the next Antarctic research season.

THE CANADIAN PRESS

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A video produced by students at Montreal's Centre NAD appears to show a massive bird plucking an infant off the ground. The video has generated enough money on YouTube to fund a scholarship. YOUTUBE/THE CANADIAN PRESS

Fake eagle snatches baby! Views fund scholarship!

Profitable hoax. Viral video wasn't real, but its YouTube views have generated solid cash for Montreal school

A baby-stealing fake eagle is helping a deserving student take flight. The viral video of the eagle, created by students at Montreal's Centre NAD, has received international media attention and had more than 41 million views on YouTube since it was posted on Dec. 18. The minute-long video purported to show an eagle swooping down and grabbing a toddler in its talons at a Montreal park.

And the school says it's also generated a few bucks that will go toward a scholarship for a deserving student at the 3D animation and digital design school.

School spokeswoman Claude Arsenault says the amount of the scholarship hasn't been determined because the cheque hasn't yet arrived from Google, YouTube's owner.

The school and the students who made the video can't profit from it because it was made with software bought under an educational licence. Arsenault said the AdSense account with YouTube wasn't even created until some time after it had been initially posted as the school ensured it could do it in accordance with its licences.

Putting the money to a good cause is fine with the video's creators, who were rewarded with a grade of A+ for their work on the class project.

THE CANADIAN PRESS

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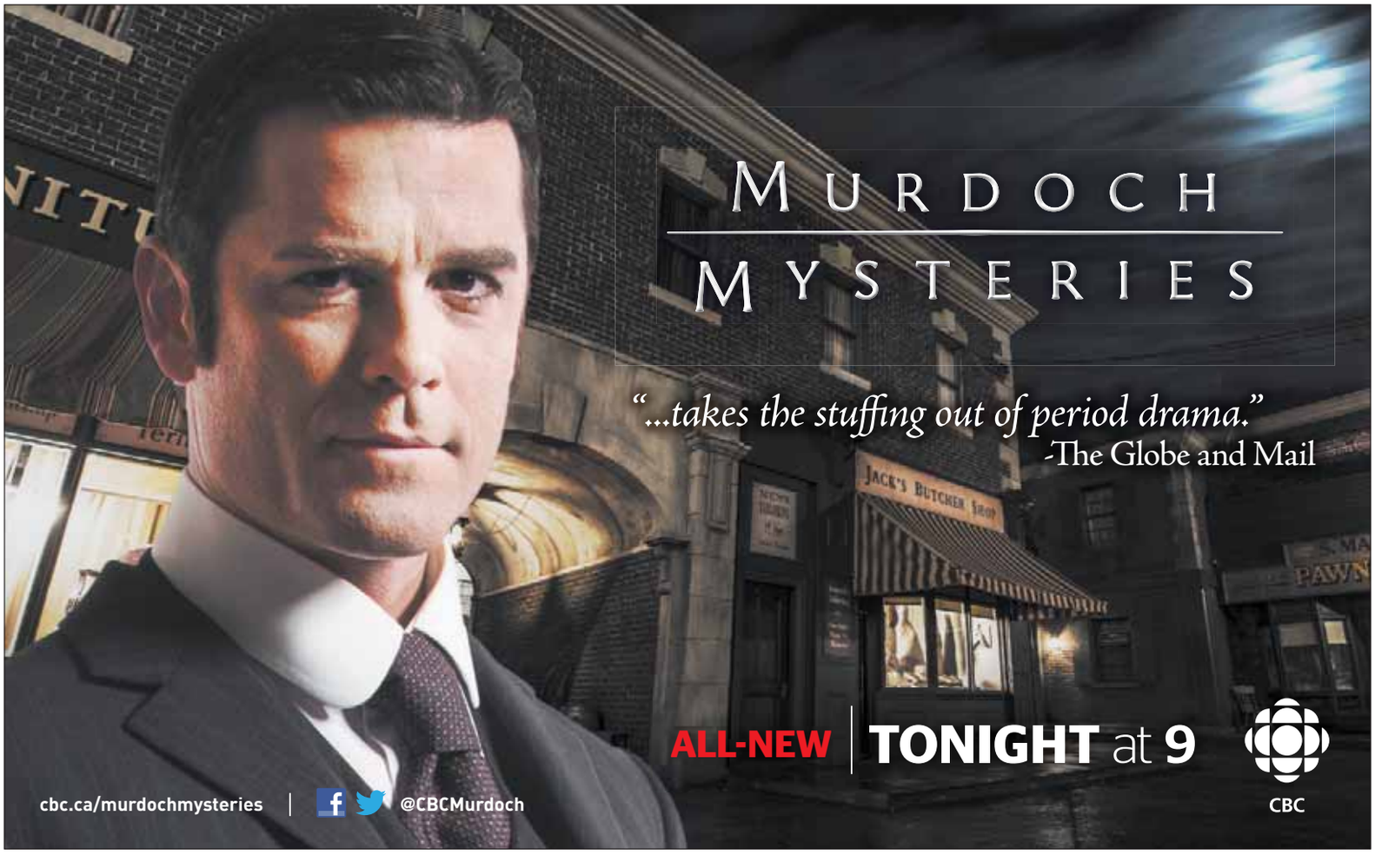

ADVICE FOR FORD'S NEXT CHAPTER: BE SUPER BORING

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

Rob Ford may have beat the rap in divisional court last week, but the mayor of Toronto still finds himself in a tough spot. He's spent the last few months distracted from day-to-day issues, stuck dealing with various legal entanglements. And his hold on council and ability to control the city hall agenda remains shaky at best.

It's not a great place to be, especially with just eleven months to go before election season begins in earnest. As good as it might feel to put his big court case behind him, a boast that Ford narrowly avoided being tossed out of office on a conflict of interest charge definitely won't work on a campaign sign.

He's back (to being a mayor)

After winning the right to keep his job, it's time to prove that he actually wants to do it.

Assuming lawyer Clayton Ruby's long-shot appeal to the Supreme Court doesn't go anywhere, what Ford has now is an opportunity to define the next chapter of his mayoral term. After winning the right to keep his job, it's time to prove that he actually wants to do it — and that he can do it well.

My advice? He should learn to be boring.

I'm talking uber boring. Like watching-paint-dry boring. He should be like that middle section of Peter Jackson's Hobbit movie, the part where the characters just walk around for hours and eat breakfast. He should be that, only multiplied by 1,000.

Ford needs to be monumentally, unbelievably dull.

Because being interesting sure hasn't worked. The mayor has bounced from blow-up to blow-up, controversy to controversy, since he took office in 2010. Something has to change.

A shift toward the boring shouldn't be that hard. Most mayors in Toronto's history have managed to pull it off, to various degrees. The nuts and bolts of municipal business — operating budgets, debt management, zoning — are not hugely exciting to most people.

Ford could start by working on being transparent. Nothing kills a politician's mystique faster than regular press briefings that highlight the minutiae of the job. And actually releasing his day-to-day schedule — putting the spotlight on the various dull ribbon cuttings and rubber chicken dinners that politicians attend — would go a long way toward ensuring that photographers aren't always camped out looking for him.

Past that, Ford should find an agenda for the next year that's achievable. He needs to shy away from grandiose issues — transit or the waterfront, for example, where his ideas have fallen flat — and instead stick to bread-and-butter matters that fit with his history as a successful retail politician. A large-scale push to improve customer service across city departments could be just the thing.

But whatever his agenda, the bombastic, headline-grabbing Rob Ford needs to disappear, to be replaced by a reserved, by-the-book politician. For the next year at least, the mayor of Toronto has got to become the mayor of Dullsville.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Rob Ford leaves his lawyer's office Friday after learning that he has successfully appealed a decision to remove him from office following a conflict of interest hearing. CHRIS YOUNG/THE CANADIAN PRESS

My 'Knit'tle Ponies take centre stage

ROB MCDOUGALL/VISITSCOTLAND.COM

Scottish heritage

Ponies in jumpers promote Scotland

Scotland is experiencing rather cold, wintry weather as of late, and the locals are certainly dressing for it.

Shetland ponies Fivla, left, and Vitamin are donning traditional Fair Isle-style cardigans for a new advertising campaign championing the natural side of Scotland, the country's knits and farming communities.

METRO

Animal centre's viewpoint

"It was perhaps an odd request to get the ponies in Fair Isle (clothes), and a bit silly, but they were perfectly happy. Hopefully, these pictures will make people smile."

Jo Tonkinson, co-owner of Thordale Shetland Driving Centre, where Fivla (17 years old) and Vitamin (18 years old) are reared.

It is believed that the ponies are related to the ancient Scandinavian ponies from when the islands were joined with Scandinavia (up until 8,000 BC).

Pony promotion power

'Iconic' animals draw attention of the world

Why use the diminutive horse to promote Scotland?

"The ponies are iconic around the world," said Amy Robertson, a spokeswoman from Visit Scotland.

"With Shetland wool and knitwear being so in demand, it seemed like a fun way to celebrate Shetland's natural landscapes, products and heritage."

METRO

Shetland Islands

- **Birdwatchers' paradise:** Home to around 200,000 puffins.
- **Life's a beach in Shetland:** Boasts 138 sandy beaches.
- **Vikings' fire fest:** Up Helly Aa is Europe's largest fire festival. Featuring a torch-lit procession, the annual festivities culminate in the burning of a replica Viking long ship that is then put out to sea.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Does online dating lead to less passionate relationships?

Twitter

@sarahkecooper: So happy for@kathleen_wynne !!!

@Anthony_Tran19: I am glad to see Dalton McGuinty out. Let's see what Kathleen Wynne does from here.

@emf4life: Kathleen Wynne working with the opposition has as much chance as Obama reaching over and hugging Boehner in negotiations

@spider_jones: In Premier Kathleen Wynne's acceptance speach last night she scared me to death. Said she'd work to continue Mcguinty's legacy. Scary s--t!

@bwile17: Wonder if the#Celtics give the#Raptors a call with Rondo going down

@sportzzjunkie: The#Leafs are like an ex girlfriend.. You start to get close to them and suddenly remember why you hate them!

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Hollywood

Abrams vows to make Star Wars fans proud

J.J. Abrams calls getting assigned to direct the seventh live-action Star Wars film "as surreal as it is exciting."

The director-producer-writer spoke with a handful of media outlets on the red carpet before darting into the Producers Guild Awards on Saturday night. Abrams was there to accept the Norman Lear Achievement Award for such television works as Felicity (1998 to 2002), Alias (2001 to 2006), Lost (2004 to 2010), Fringe (20082013) as well as the current series Person of Interest and Revolution.

Abrams also is proving to be a go-to director of successful new films for long-established franchises, such as Star Trek and Mission: Impossible.

Last week, Lucasfilm officially announced Abrams' hiring for Star Wars: Episode VII, which has a tentative release date of 2015. Star Wars creator George Lucas personally endorsed Abrams in a statement: "I've consistently been impressed with J.J. as a filmmaker and storyteller. He's an ideal choice to direct the new Star Wars film and the legacy couldn't be in better hands."

As for Abrams' plans for Episode VII? "You know, obviously, it's so early," he replied. "I can just say what I want to do: I want to do the fans proud. I want to make sure the story is something that touches people. And we're just getting started. I'm very excited."

THE ASSOCIATED PRESS

J.J. Abrams. THE ASSOCIATED PRESS

Rob Corddry says he could play the best friend role in romantic comedies for the rest of his life. HANDOUT

Whose line is it anyway?

Warm Bodies.
Rob Corddry is the best friend of few words in this zom com that required some improv-muscle flexing

NED EHRBAR
Metro World News in Hollywood

Rob Corddry is more than happy playing the best friend in romantic comedies, especially if it involves being a flesh-eating zombie. For Warm Bodies, he takes on the task of dispensing romantic advice to his lovelorn pal (Nicholas Hoult) without the help of verbal communication.

In the romantic comedy world, the best friend character is a pretty familiar role. How different is it when you only have four or five actual words of dialogue in the entire movie?
Before I auditioned for this, somebody said, "Are you sick of playing best friends all the time?" And I was like, "No." I wouldn't play the same one over and over again, but I would play shades of that stock character for the rest of my life. Because it's got everything, you know what I mean? You're often the comic relief, you have your own moments — usually, in good ones, in good stories — you have your own either comeuppance or realization. But this one is like, it doesn't get much of a different shade of that character than this, so it was even more attractive to me.

Your bar "conversation" with Nicholas, with no words, was great. I think I've seen improv exercises like that.
Oh God. Yeah, I've suffered through some myself. This sounds like a brag, but it's very funny, actually. I pitched that conversation taking place at an airport bar, and (director) Jonathan (Levine) was like, "That's actually a good idea." We were at dinner or something and he got on the phone. I'd forgotten about it, and then about 10 minutes later he goes, "They're going to see if they can build the airport bar. I like that idea. By the way, that's a $25,000 idea. You just cost the production $25,000 with this whim!"

How much of a challenge is improvising without the use of words?
I didn't find it a different challenge. Improv should only be a tool and not something that you abuse willy-nilly. Because if you're doing a script, it's because you really like the script and you like the words, and it's not yours to, like, make better somehow. As a matter of fact, I was never the fastest improviser on my team or whatever. But I was young, so I just thought I was bad. I wish I were doing it now, because you recognize it's like a team and everybody's got their job to do. It's like Moneyball, but for improv.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is this the set list for Beyoncé's Super Bowl XLVII halftime show?

THE WORD
Dorothy Robinson
scene@metronews.ca

Poor Beyoncé — can she keep anything under wraps? First her cover was blown about lip-syncing at the presidential inauguration by a member of the Marine Corp Band (loose lips sink ships — and egos) and now someone has leaked her possible set list for her Super Bowl XLVII halftime show.

According to Us Weekly, the set will start out with just Beyoncé singing her solo hit, Crazy in Love, and then she'll be joined on stage with her Destiny's Child mates Kelly Rowland and Michelle Williams for Bills, Bills, Bills and Survivor. They'll then wrap up the performance with their new single, Nuclear.

The only way this reunion will be complete is if Tina Knowles comes back on board with her match-matchy, cheapo costumes she used to design for the girls. Make it happen, universe!

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Burt Reynolds
ALL PHOTOS GETTY IMAGES

Reynolds and his moustache are in the hospital

Burt Reynolds has been hospitalized with the flu and is being treated in a Florida intensive care unit, a rep for the 76-year-old actor confirms to E! News.

"He is doing better. They are taking care of him and his moustache," his rep jokes. "His fever is down and we believe he should be taken out of ICU very soon."

Liberty Ross

Liberty Ross files for divorce

Liberty Ross has filed for divorce from director Rupert Sanders after 10 years of marriage and in the wake of his highly publicized affair with his Snow White and the Huntsman star, Kristen Stewart, according to Us Weekly.

"This was a long time coming," one source says, explaining that Sanders "did want to try to repair the relationship and didn't want a divorce." But according to another source, Ross found the betrayal impossible to get past. "They gave it a shot for the kids (but) she was just so angry," the source says. "She's the kind of person who wouldn't really ever get over it." The couple has two children, daughter Skyla, 7, and son Tennyson, 5.

'All is good' between Stewart and Pattinson

Kristen Stewart and Robert Pattinson, meanwhile, are reportedly doing just fine, despite his being in Australia shooting a new movie and tabloid reports speculating that a split between the Twilight co-stars is imminent.

"All is good," a source tells E! News, adding that Stewart is "not concerned" and "he isn't either" about their temporary separation. "She still plans on going to visit him at some point while he is there filming, but definitely not now," the source says.

Kristen Stewart and Robert Pattinson

Twitter

@EvaLongoria
OMG 5 million followers! When did that happen?! Thx tweeples! I love u!

@chriscolfer
Just finished a chapter in TLOS2 where the twins meet Cinderella's Stepmother. It's very Grey Gardens meets Whatever Happened To Baby Jane.

@hughhefner
I hope everyone is enjoying the weekend. I will be working on my scrapbook this afternoon.

@oliviawilde
Kate Moss says "nothing tastes as good as skinny feels"? Huh. I'm pretty sure that's because you live in England, dude.

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IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

A Thomas Cook travel survey reveals that 77 per cent of Canadians plan to travel in 2013. This, despite the fact that many of them say they have to cut down on other expenditures in order to afford it.

Setting up a budget that includes saving for a trip can be tough. Start with deciding realistically where you want to go, how you'll get there, what you want to do and ultimately how much it will cost. It can be easy to research this information on the Internet or work with an accredited travel agent.

Allow for a 10 per cent differential due to changing fuel and other variable costs, and remember to take into account "busy season" rates, depending on when and where you're travelling.

Once you have your target cost, look for areas in your current spending where you can save. For example, 61 per cent of families surveyed said they would eat out less to save toward their vacation.

Cutting back on entertainment and other leisure activities can contribute to your vacation account. Set up a separate bank account (find a no-fee one) to start banking your bucks for a well-needed family getaway. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.**

Exclusively online

- Who knew that Mommy's most significant parenting feat thus far would be finding you a sippy cup that actually functions properly. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Keep Fluffy and Fido nice and toasty

Protecting Pets. Take precautions to keep dogs and cats safe as winter settles in

Dogs and cats can be somewhat insulated, but in frigid temperatures, pet owners need to take extra measures in protecting them. THE CANADIAN PRESS/GRAEME ROY

Don't let the fur fool you.

Dogs and cats can be somewhat insulated by their warm-feeling coats, but in the face of frigid temperatures, pet owners need to take extra measures in protecting Fluffy and Fido.

Assessing how long to let pets stay outdoors should be based on numerous factors including the animal's breed, coat type, general health and age, according to an online article originally published in 2010 by the Canadian Veterinary Medical Association.

Determining whether the pet has been acclimated to colder weather and its desire to spent time outdoors should also be considered, the association wrote. For example, "smaller, short-coated, ill or geriatric dogs" have less tolerance for cold, and consequently are limited by the time they may be able to spend outside, the CVMA noted.

"If you like to let your cat out in the backyard, let's say, to roam around on your own property for a short period of time, you should be supervising your animal in a cold weather environment," said Ontario SPCA inspector Paul Harrison.

"Cats are good in the snow, they're pretty hearty, but you may have an older cat whose systems may not be as strong as a younger cat."

If an animal is left outside unsupervised and snow, sleet or rain develops, it won't be able to hold its body temperature without proper shelter to take refuge in, he noted.

If a dog is kept outside in the backyard, Harrison said owners should ensure the shelter is raised above the ground and is well-insulated with shingles. The door should be facing away from prevailing wind.

It's also key to check that an animal's water supply hasn't been frozen and is housed in a non-spillable dish, with the option to consider purchasing a heated water bowl, he added.

Koryn Greenspan, owner of Toronto-based Urban Dog Walks, believes in the BBC acronym for winter pet protection: booties, balms and coats.

Greenspan said her two and a half-year-old pooch, Georgia, is "very finicky" when salt gets into her front paws. Prior to taking her German shepherd-husky-collie mix outdoors, Greenspan tries to ensure her pet stays calm as she applies protective balm on Georgia's paws. "You just want to always instil trust and comfort because it's uncomfortable for the dogs at first to have their paws handled in that way."

Watch behaviour

"Most people know their animal so well. If they start acting differently than they normally would, it could be an indication that they're uncomfortable."

Ontario SPCA inspector Paul Harrison.

The Canadian Veterinary Medical Association suggests trimming excess hair from between a pet's toes, where it tends to trap salt. Ensure any residual salt is rinsed off or removed with a damp cloth and fully dried back at home. Coating the hair between the undersides of the toes with a thin layer of petroleum jelly can help to repel the ice, the association wrote. Both Greenspan and Harrison agree leaving dogs locked up in vehicles is a definite — and dangerous — don't.

"Some people think that because it's colder out they can sustain themselves in a car. They can't," said Greenspan. "If it's cold for you, it's cold for them, and dogs unfortunately can fall ill due to extreme cold weather." **THE CANADIAN PRESS**

Blackberries are like toddlers

There are a few similarities:

1. Mothers joke about how the only time they get to themselves is in the bathroom. This is a complete lie. The peaceful, private utopia usually lasts for only about 3.7 seconds, since both the toddler and the BB inevitably choose the most inopportune moment to interrupt with a whine, yell, thump, or buzz.

2. You've answered all the questions, soothed all the fears, and have powered down everybody and everything for the night. NOT. As soon as you slip into that blissful and necessary deep sleep, you will be awakened by the sound of whining. In this circumstance, the electronic toddler has one clear advantage: There have been no reported cases of a BB oozing out any liquids that require immediate clean up.

3. If they're quiet, you're constantly checking them to make sure everything is OK. If they're loud and interrupting, you just want them to shut up and go away.

4. You love them. You hate them. They drive you crazy when they're "on" and look adorable when they're sleeping.

FROM THE BLACKBERRY DIARIES: ADVENTURES IN MODERN MOTHERHOOD©. COPYRIGHT © 2009 BY KATHY BUCKWORTH. PUBLISHED BY ARRANGEMENT WITH KEY PORTER BOOKS.

Frittata with Smoked Salmon replaces lox with cream cheese

ROSE REISMAN
for more, visit
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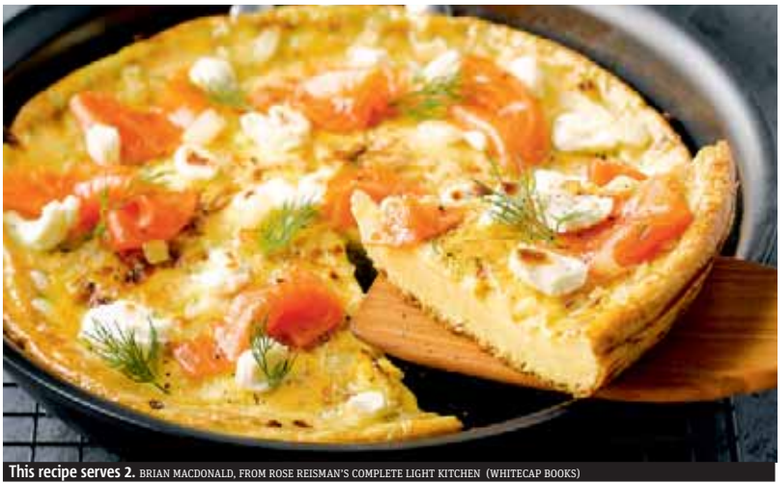
This Frittata with Smoked Salmon, Cream Cheese and Dill is a light and healthy alternative to lox and cream cheese on a bagel. Serve it alongside whole grain toast or an English muffin for a complete meal. Smoked salmon freezes well and will keep in the refrigerator for up to one week.

Ingredients

- 1 tsp vegetable oil
- 1/3 cup finely diced onion
- 1/2 tsp crushed fresh garlic
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- pinch salt and freshly ground black pepper
- 2 tbsp low-fat cream cheese, softened
- 3 tbsp chopped fresh dill
- 1/4 cup diced smoked salmon



This recipe serves 2. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Lightly coat a small non-stick skillet with vegetable oil spray. Heat the oil over medium heat and sauté the onion and garlic for 3 minutes, or until the onion is tender and lightly browned. Remove from the heat and set aside.

2. Whisk the egg substitute, egg whites, milk, salt and pepper together. Add the onion mixture.

3. Spray a clean 10-inch skillet with vegetable oil, add the egg mixture and cook for 4 minutes, or until nearly set.

4. Dot the cream cheese over top, cover and cook until the frittata is set, 2 minutes. Sprinkle with the dill and smoked salmon. Slip frittata onto serving platter with spatula.

5. Cut into wedges and serve immediately. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

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Swiss Chalet Poutine

910 calories / 50 g fat
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Equivalent

One Swiss Chalet Poutine is equal in calories to a 1 1/4 lb flank steak.

Swiss Chalet Classic Hot Chicken Sandwich (with white meat)

520 calories / 11 g fat
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The In-Credibility Factor

Name: Sonya Esman
City: Toronto
Age: 17
Occupation: Fashion blogger, YouTube vlogger and actress

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Sonya Esman flew to England to help design jewelry after winning the #NokiaLVK Fashion Quest. PROVIDED

At only 17 years of age, Sonya has started to make her mark in the fashion world as a blogger, a regular contributor on YouTube and as an actress (Degrassi, Camp Rock 2, Rookie Blue). She recently beat out contestants from around the world to win the #NokiaLVK Fashion Quest.

Two weeks ago, she jetted off to London, England to collect the grand prize: a chance to design a piece of jewelry with designer Leila Kashanipour of LeiVanKash.

I knew I was on my way when ...

I knew I was on my way when I found out that I won the #NokiaLVK Fashion Quest. It felt surreal because Leila of LeiVanKash is someone I really look up to and she blew me away with her knowledge and experience.

We decided on a limited edition design of a pair of earrings featuring a druzy stone.

Everything I came to London for I put on a piece of paper.

It was my take, my favourite jewelry put into her designs.

I thought it was absolutely beautiful and it will be featured in her line. In the future, I want to keep video blogging and I want to build a brand that will hopefully develop into my own career and occupation.

Action Plan:

Keep practising your craft

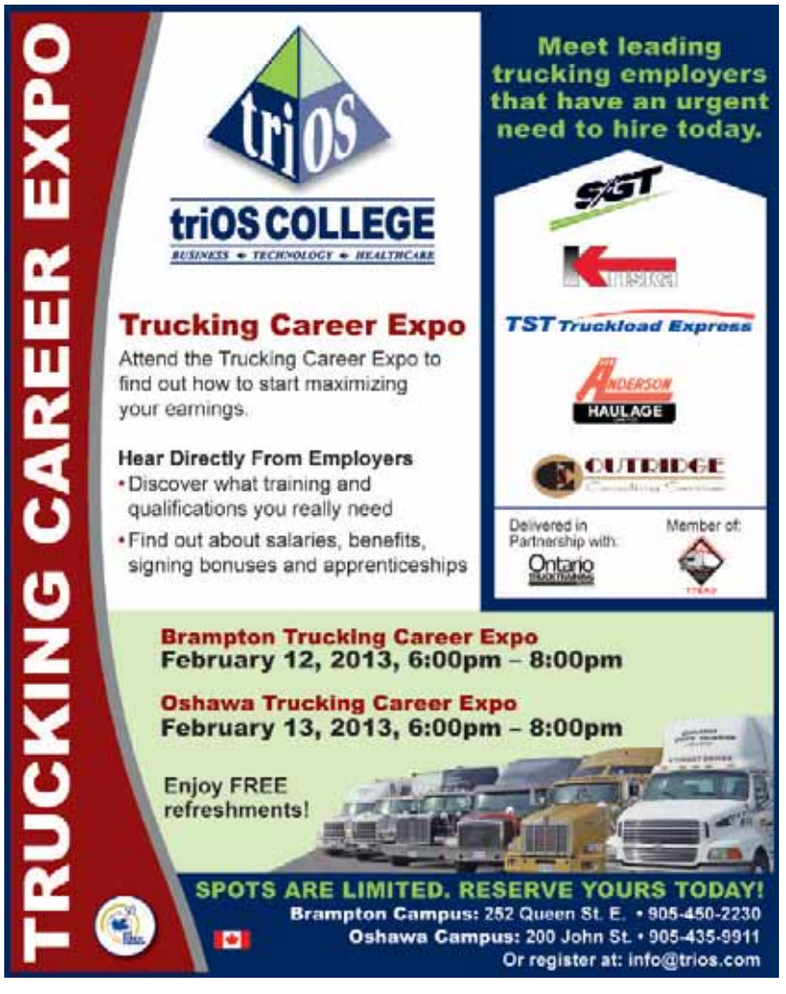
Know what you want from your career or passion in life.

Don't be afraid to make mistakes and make good investments

If you're making YouTube videos, buy a good quality camera so it reflects in your work.

Network with other people and have mentors that can guide you

Do a lot of research because there are a lot of resources online that will help aspiring bloggers or YouTubers.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Don't get taken while you type

Social snakes. The Net can be an impressive tool for self-promotion, but watch out for those info-snatchers

Familiarize yourself with your social network's privacy settings to help control who can see your information. ISTOCK

Sharing pictures and information online through social networks has become a normal way of life for tech-savvy millennials.

Unfortunately, some technology experts are concerned that young people's sharing can go too far, putting their security at risk.

A recent survey by Visa Canada found that young Canadians, aged 18 to 30, were the most likely age group to overshare personal information on social networking sites, including posting their home addresses, birth dates and phone numbers online — information that could potentially be used to carry out identity theft and other scams.

What's more, it appears this willingness to share extends into the offline world. The same survey also found that young adults are most likely to share their PIN and lend their credit or debit card to others.

Security experts are chiming in to urge Canada's young people to show some restraint to avoid putting their personal financial information at risk.

"Young adults need to better understand the risks associated with oversharing personal and financial data," says Gord Jamieson, the head of security at Visa Canada.

"The more information you post, the more likely a thief will have enough information to access your accounts and commit fraud."

Jamieson recommends young people, and all Canadians, remember these security tips before posting online:

• Personal information is just that — personal. Don't post information such as payment card info or your SIN in a public forum or on a social networking site.

• Pay close attention to what you share on social networking sites — even seemingly innocuous information such as your mother's maiden name or your high school mascot can help a thief gain access to your accounts.

• Create strong, unique passwords for each of your accounts. Using different passwords will limit any damage if one password is compromised.

NEWS CANADA

Keep an eye out

Scams aren't always what they seem

- Be suspicious of any requests for your personal or payment information no matter how convincing the communication or phone call you received may be.
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Raps learning to turn page after heartbreak

NBA. Casey looks for club to bounce back once again after latest letdown at ACC

The physical toll on the Toronto Raptors has been substantial of late — difficult opponents, physical games, a couple of overtimes thrown in for good measure and a back-to-back on a road trip.

But those issues can be handled with rest and recuperation and by the magic of the team's training staff; the cumulative mental toll is far more worrisome.

For as well as they've played in spurts recently, the Raptors have suffered a series of mind-bending defeats in the last two weeks, blowing leads in some games, losing in overtime in others, winning one game at the buzzer and losing the next in almost exactly the same fashion.

And while they can handle the wear and tear on their bodies, finding a way to keep his players sharp and avoid what might be a collapse is coach Dwane Casey's biggest task right now.

"We're down, despondent from losing a close game on a shot like that (Kyrie Irving's final-second buzzer beater for Cleveland on Saturday night) but we can't let it carry over," said Casey.

"We had a good bounce-back from the Miami game (an overtime loss prior to a buzzer-beating win in Orlando) and I think they see what's in front of them, they can see the light. I think earlier we didn't see the light at the end of the tunnel and it kind of set in a bit when we went on the West Coast trip. I don't see it now."

Yes, the West Coast trip would be a good example of the mental bounce-back skills the Raptors have shown. They limped home from Portland in early December with a 4-18 record, the season seemingly in shambles, but the turnaround has been rather dramatic at times (Toronto is 12-10 since).

"We went through it early when we had all those close games early and sometimes you get a little drunk from adversity and that type of thing," said Casey. "I think one thing that's a little different is we're in such a tight spot fighting for that eighth (playoff) spot that there's still a lot of games left." TORSTAR NEWS SERVICE

DeMar DeRozan picks up his dribble on a drive past Cavaliers point guard Kyrie Irving on Saturday at the Air Canada Centre. Irving hit a last-second buzzer beater to send the Cavs to a 99-98 win. RICK MADONIK/TORSTAR NEWS SERVICE

Quoted

"We can't get punch-drunk now and get down."

Toronto head coach Dwane Casey. The Raptors lost 99-98 at home to the Cleveland Cavaliers on Saturday night on Kyrie Irving's buzzer-beating three-pointer.

Much-needed respite

The Raptors don't have a back-to-back or even a two-game road trip from now until after the Feb. 15 start of the all-star break.

- The softer schedule should allow injured big men Andrea Bargnani and Jonas Valanciunas to get some much-needed practice time. It's unlikely either will return to game action before next weekend.

NHL

Capitals edge Sabres for first win of season

An NHL routine gone missing for 262 days made an overdue return Sunday: Alex Ovechkin scored a goal, and the Washington Capitals won.

Ovechkin's tally proved to be the decisive goal, coming with 14:49 remaining in a 3-2 victory over the Buffalo Sabres. The Capitals hadn't won — and Ovechkin hadn't scored — since May 9, 2012, during their playoff series against the New York Rangers.

"We finally win," Ovechkin said. "So it's much, much better for us right now. No pressure (on) our shoulders."

THE ASSOCIATED PRESS

NHL

Penguins return to winning ways in nation's capital

James Neal scored in regulation and in a shootout as the Pittsburgh Penguins defeated the Ottawa Senators 2-1 on Sunday.

Sidney Crosby and Evgeni Malkin, with the winner, also scored in the shootout for Pittsburgh (4-2), which snapped a two-game skid.

THE CANADIAN PRESS

Evgeni Malkin, left, and James Neal celebrate Neal's first-period goal in Ottawa on Sunday. GETTY IMAGES

Celtics' celebration muted by Rondo news

Heat guard Dwyane Wade falls on Celtics forward Paul Pierce on Sunday in Boston. JARED WICKERHAM/GETTY IMAGES

Paul Pierce hit a go-ahead jumper with 31 seconds left and the Boston Celtics beat the Miami Heat 100-98 in double overtime Sunday, then learned that all-star point guard Rajon Rondo will miss the rest of the season with a knee injury.

Rondo will have surgery for a torn anterior cruciate ligament in his right knee. He was hurt late in Boston's 123-112 loss, also in two overtimes, to Atlanta on Friday night.

Coach Doc Rivers said the postgame mood in the locker-room "was good" before he told his players the extent of the injury, "and then it went down."

It was Ray Allen's first game in Boston since he left the Celtics after five seasons and signed as a free agent with Miami. He scored 21 points.

Kevin Garnett had 24 points and 11 rebounds, and Pierce added 17 points, 13 rebounds and 10 assists for the Celtics, who ended a six-game losing streak, their longest in six seasons. LeBron James had 34 points for the Heat, whose winning streak stopped at four.

"As much as I've been a rival with Boston over the years, I never want to see anyone go down," James said of Rondo. "It's terrible, not only for their team but for the league."

THE ASSOCIATED PRESS

Lakers top Thunder

Kobe Bryant had 21 points, 14 assists and nine boards, Steve Nash added seven of his 17 points in the final 5 1/2 minutes, and the Lakers held off the NBA-best Oklahoma City Thunder 105-96 on Sunday.

- Pau Gasol scored 16 as the Lakers picked up the most impressive win of their dismal season, coolly maintaining a small lead down the stretch of their second straight win after a four-game skid.

Novak Djokovic kisses the Norman Brookes Challenge Cup on Sunday after winning his men's final match of the Australian Open in Melbourne, Australia. CAMERON SPENCER/GETTY IMAGES

Djokovic wins 3rd straight Down Under

Australian Open. Serbian now has six Grand Slam titles altogether

No shirt ripping or bare-chested flexing this time.

Novak Djokovic completed his work before midnight, defeating Andy Murray in four sets for his third consecutive Australian Open title and fourth overall.

"Winning it three in a row, it's incredible," Djokovic said after his 6-7 (2), 7-6 (3), 6-3, 6-2 victory Sunday night. "It's very thrilling. I'm full of joy right now. It's going to give me a lot of confidence for the rest of the season, that's for sure."

Nine other men had won consecutive Australian titles in the Open era, but none three straight years.

A year ago, Djokovic began his season with an epic five-hour, 53-minute five-set win over Rafael Nadal at the Australian Open, the longest Grand Slam final. He tore off his shirt to celebrate. The TV replays repeated constantly at this tournament.

He mimicked that celebration after coming back to beat Stanislas Wawrinka in five hours in a surprisingly tough fourth-round victory this time.

Since then, he's looked every bit the No. 1 player. He said he played "perfectly" in his 89-minute win over fourth-seeded David Ferrer in the semifinals Thursday night.

Murray struggled to beat 17-time major winner Roger Federer in five sets in the semifinals Friday night, and still had the bad blisters on his feet to show for it in the final.

Djokovic said he loves playing at Rod Laver Arena, where he won his first major title in 2008. THE ASSOCIATED PRESS

Women's final

Victoria Azarenka won her second consecutive Australian Open title on Saturday, beating Li Na 4-6, 6-4, 6-3 in a final that included a break for fireworks, two medical timeouts and a nasty fall to the court by Li.

- Azarenka, who broke down in tears when the match ended, retained the No. 1 ranking.

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murderinpassing.com

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately you have much to look forward to, so be positive and before long positive things will occur.

♉ Taurus
April 21 - May 21
You won't be able to hide your feelings over the next seven days – and nor should you want to. You will be much more outgoing and much more likely to tell others what you really think of them!

♊ Gemini
May 22 - June 21
No matter how reserved emotionally you may be most of the time now you must go right the other way and leave those you love in no doubt how you feel about them. A hug and a kiss is always the best remedy.

♋ Cancer
June 22 - July 23
You will find it easier to get along with authority figures as the new week begins. There will still be disagreements, of course, but at least you will be thinking along the same lines and pulling in the same direction.

♌ Leo
July 24 - Aug. 23
The most important thing this coming week is that you keep a sense of perspective and remember that no matter how much you want to get ahead in the world personal relationships matter more. Love is the key.

♍ Virgo
Aug. 24 - Sept. 23
You may be bored by what you are working on at the moment but the planets indicate that if you make a good job of it you will be rewarded with more enjoyable tasks in the future. Pretend that it's fun.

♎ Libra
Sept. 24 - Oct. 23
Love will come back into your life this week and it won't be long before you feel in tune with the world again. Don't wait for loved ones to tell you how much they care – tell them how much you care first.

♏ Scorpio
Oct. 24 - Nov. 22
Not even a Scorpio can keep moving at your present pace, so slow down and give yourself a break – yes, you CAN afford the time. If you fall behind in your schedule it means your schedule is too tough.

♐ Sagittarius
Nov. 23 - Dec. 21
You have beaten off some serious challenges to your authority. Well done! Now you must find ways to get back in the good books of someone you fell out with along the way. What can you do to win them round?

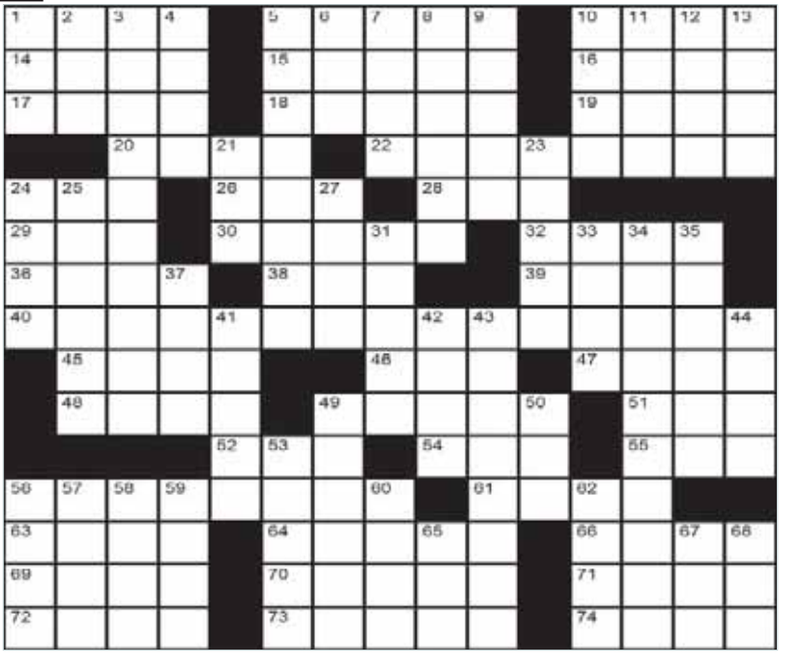
♑ Capricorn
Dec. 22 - Jan. 20
If you make an effort to see things from someone else's point of view today you will gain a valuable insight into why they think the way they do. Once you understand them you won't feel so threatened.

♒ Aquarius
Jan. 21 - Feb. 19
Changes of one sort or another are inevitable over the coming week but that's a good thing, so don't hide yourself away from the world. The Sun in your sign will motivate you to make those changes work for you.

♓ Pisces
Feb. 20 - March 20
You will be pleasantly surprised by what happens over the next few days. Money matters will no longer worry you the way they once did and relationships and friendships will be a lot of fun. It's all good. SALLY BROMPTON

Crossword: Canada Across and Down

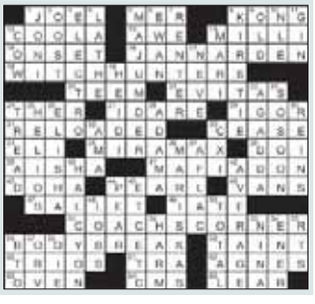
BY KELLY ANN BUCHANAN



Across
1. BC-mined stone
5. __ Gwaii (Queen Charlotte Islands, formerly)
10. Canadian actor Eugene
14. Single-named supermodel
15. Ms. Lavigne
16. Nabisco cookie
17. __ McMurray, AB
18. Poetry
19. Intellect
20. Actress Ms. Russell
22. Canadian country singer, Crystal __
24. Camera mugger
26. PEI part, for short
28. Author Ms. LeShan
29. Ms. Longoria
30. London, England's tallest building, The __
32. "__ and Dumber" (1994)
36. Net balls
38. Canadian broadcaster Mr. Lewis
39. Duelling weapon
40. Chief Correspondent of CBC's "The National": 2 wds.
45. "Finding __" (2003)
46. 'S' of RSVP
47. Priory of __, in "The Da Vinci Code" (2006)
48. The real thing, for short
49. Premiere
51. Whichever
52. 'Jag' add-on (Posh car)
54. Beaufort __
55. "Who Wants to ___ Millionaire"
56. PM's official res. at 24: 2 wds.
61. Jodie Foster movie
63. "Charmed" sister
64. Lyre-playing Muse
66. De-squeaks
69. Stuff
70. Roman Myth: Romulus' twin brother
71. Footprint
72. Pas __ (Solo ballet dance)
73. Metalwork tool
74. Better Than __ (Rock band)

Down
1. Peanut butter brand
2. "La Isla Bonita" line: "Te dijo te __."
3. Universe stuff, in Cosmology: 2 wds.
4. Duck, in Dusseldorf
5. Dickensian Miss of Satis House
6. Ottawa's Carling, e.g.
7. Flawed goods, for short
8. Shared juicy news
9. Follow _ __ (Sleuth)
10. Toronto's Casa
11. "__ Brockovich" (2000)
12. Hawk
13. George Lucas character
21. Belonging to Providence's li'l state
23. Flamingo, for one
24. Beatles movie!
25. Jennifer Aniston is the new face of this skincare brand
27. Eruption's emission
31. Shampooing direction
33. Neil Sedaka's "Breaking __ Hard to Do": 2 wds.
34. Star's in-promotion-mode undertaking: 2 wds.
35. "Scram!"
37. __-sweet chocolate
41. Scoundrel
42. The Baldwins, e.g.
43. Dime schooner
44. Irish singer
49. 'Celebrity Rehab' physician: 2 wds.
50. __ kwon do
53. Lumberjacks
56. Beach lotions' 15 and 30, e.g.
57. "Ugly Betty" actor Michael
58. U.S.S. Enterprise navigator
59. Real estate verb
60. Avatar of Vishnu
62. Misplace
65. Strong boat
67. Celtic sea god
68. Pampering resort

Friday's Crossword

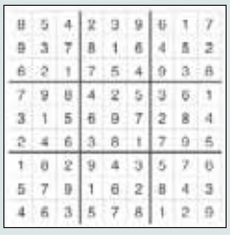


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		5		2			3
				6		8		4
				9		6	1	
	9						3	8
			9		8			
1	3						7	
	8	6		4				
9		3		5				
2			7		9		8	

Friday's Sudoku



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90%

Tuesday
8°/-1°
Rain
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